

**Figure 3**. Effect of pulse duration on MMAX (A), HMAX (B), MHmax (C) and HM5% (D) in young and old adults. # indicates a difference between young and old adults (p ≤ 0.05). \*, \*\* and \*\*\* indicates significant differences between pulse durations at p ≤ 0.05, p ≤ 0.01 and p ≤ 0.001, respectively. Bars and error bars represent means and SEM, respectively.